Outfielder’s Instructions- Softball

General Rules

1) Break a sweat
2) Shoulder stretches
3) Throwing program
4) Rotator Cuff strengthening
5) Shoulder stretches
6) Ice for 20 min.

Warm-up

- Begin at 20’ and advance 20’ at a time throwing 3-5 times at each distance at 50 % effort until reaching the warm-up distance for that workout.

Soreness Rules

- If sore more than 1 hour after throwing, or the next day, take 1 day off and repeat the most recent throwing program workout.
- If sore during warm-up but soreness is gone within the first 15 throws, repeat the previous workout. If shoulder becomes sore during this workout, stop and take 2 days off. Upon return to throwing, drop down one step.
- If sore during warm-up and soreness continues through the first 15 throws, stop throwing and take 2 days off. Upon return to throwing, drop down one step.
- If no soreness, advance 1 step every throwing day.

A. Baseline/ Preseason

- To establish a base for training and conditioning, begin with step 1 and advance 1 step daily to step 6 following soreness rules.

B. Non-throwing arm

- After medical clearance, begin with step 1 and advance 1 step daily following soreness rules.

C. Throwing arm- Bruise or bone involvement

- After medical clearance, begin with step 1 and throw every other day for the first week following soreness rules. Do not advance beyond step 2.
- Beginning the second week throw every other day advancing steps as soreness rules allow. On off days you may throw the warm-up and ending tosses of the previous day’s workout.

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Outfielder’s Instructions- Softball cont.

D. Throwing arm- Tendon/ Ligament injury (Mild)
   - After medical clearance, begin with step 1. For the first week throw every third day and do not progress beyond step 1.
   - Beginning on day 8, advance program as soreness rules allow with 1 day of active rest between each workout day (On active rest days you should throw the warm-up and ending tosses of the previous day’s workout.)

E. Throwing arm- Tendon/ Ligament injury (Moderate, severe, post op)
   - After medical clearance, begin with step 1. For the first 2 weeks (days 1-14) throw every 3-4 days and do not advance beyond step 1.
   - On days 15-28, begin throwing every 2-3 days but do not advance beyond step 1.
   - On days 29-42, use soreness rules to advance program throwing every third day. (On days between workouts you should throw the warm-up and ending tosses of the previous day’s workout.)

Softball Outfielder’s Throwing Program

General guidelines
   - Complete a warm-up lap around the field before each step
   - Tosses are with limited arc

STEP 1
   Warm-up toss to 60’
   Catch flys and throw to cutoff (50% effort) X 5
   1-2 minutes rest between catches
   15 tosses to 90’

STEP 2
   Warm-up toss to 90’
   Catch flys and throw to cutoff (75% effort) X 5
   1-2 minutes rest between catches
   15 tosses to 120’

STEP 3
   Warm-up toss to 120’
   Catch flys and throw to cutoff (75%) X 5
   Catch flys and throw to base (75%) X 5
   1-2 minutes between catches
   15 tosses to 150’

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Softball Outfielder’s Throwing Program

STEP 4  
Warm-up toss to 120’  
Catch flys and throw to cutoff (100%) X 5  
Catch flys and throw to base (75%) X 5  
1-2 minutes between catches  
15 tosses to 150’

STEP 5  
Warm-up toss to 150’  
Catch flys and throw to base (100%) X 5  
Catch flys and throw to cutoff (100%) X 5  
1-2 minutes between catches  
20 tosses to 180’

STEP 6  
Return to regular practice and games

Data (Collected from 36 games, 219 innings)

<table>
<thead>
<tr>
<th>Position</th>
<th>Plays/Game</th>
<th>Distance</th>
<th>Mean</th>
<th>Range</th>
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<td>25-165’</td>
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